

## I Lift My Eyes Up To The Mountain 向山举目 — 11月8日

Hello and Welcome to English World. This is your friend Mark.

欢迎你来到英语世界。我是郭文洁

We are so glad you have tuned into our program today.

我们很开心你今天收听我们的节目

It's our wish that you will enjoy learning English with us.

希望你喜欢和我们一起来学英语

Mark, I enjoy learning English with you.

Well, thank you, Wen-J. Tell me, how did you spend the holiday?

马可问，我的假期是怎样度过的

You guess. 你猜猜

You worked in the garden.

No. 可不是在花园种花草

You went to a party.

No. 也没有和朋友相聚

I went on a trip to a state park.

我去了州立公园玩

And let me guess, you hiked.

That's right. I hiked in the forest.

在森林里健行

Well, Being outdoors is always good.

是阿，在户外活动很好

What did you do during the holiday?

Oh, I had a good time.

I can tell. You were out on the lake again.

马可一定又去游湖了

You are right. I got my boat out and enjoyed the wonderful lake.

他把他的船牵到湖里，享受了湖上风光

Now I see that you and I are quite different.

他说，我和他大不相同

What do you mean?

You see. I like to be close to the water.

马可喜欢接近水

And you like to be in the forest.

而我喜欢在森林里

I love the sea.

And I love the mountains.

他乐水，我乐山

So, Why is that?

为什么阿

Because I grew up with mountains.

因为我是看著山长大的

**Which mountain is this? 这是哪座山？**

It stands on the border of Nepal and Tibet.

这座山耸立在尼泊尔和西藏的边界

It is the great rock and snow peak of the Himalayas.

是喜马拉雅山脉的大岩石和雪地的高峰

With a height of almost nine thousand meters,

高度几乎达到九千公尺

This mountain is named in honor of Sir George Everest.

这座山是因著 Sir George Everest 而命名的

What is this mountain?

这是哪座山呢？

It's the highest mountain in the world: Mount Everest.

这乃是世界最高的山：埃菲尔士山

There are many famous mountains in the world.

在世上有很多著名的山

The Rocky Mountains in America

在美国有洛基山脉

Mount Fuji in Japan

日本有富士山

Mt. Zion mentioned in the Bible

圣经里提到了西乃山

What are some of the famous mountains in China?

中国著名的大山，嗯

Taishan 泰山, and Huanshan 黄山 are two popular ones.

Mountain areas contain forests, pastures and lakes.

山区里有森林，草原和湖泊

Their rivers provide hydro power.

山里的溪流可以带来水力发电

And they usually are scenic spots.

山区更是好的风景地点

You can do many sports in the mountains.

在山里也可以做多样的运动

Like skiing, mountain climbing, rock climbing, hiking...etc.

好比，滑雪，爬山，攀岩，健行等等

Have you ever thought, What do you do If there's a mountain in your way?

有没有想过，如果有一座大山挡了你的路，你会怎么办呢？

How do you get to the other side?

你要怎么过到山的另一边呢？

You can go around it.

Go around it.你可以绕著山而行 That will take forever.

You can tunnel through.

你可以凿山开隧道 tunnel through it

Or, you can climb over it.

又或者，你可以攀爬过去 climb over it

## Fun With the Idioms 趣味成语

“Champions know there are no shortcuts to the top. They climb the mountain one step at a time.”

成功得胜者知道，要到山顶并没有捷径，他们乃是一步一步路攀爬上去的

“It is not the mountain we conquer but ourselves.”

我们征服的，不是山本身，而是我们自己

Wen-J, Mountains are also symbolic of other things in our lives.

在生活里，山也象征了其他的事物

Coming up next, we will hear a conversation between two friends.

接下来，我们来听两位朋友的一段对话

Pay attention to the phrases about mountains.

请留意有关山的一些词句

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### \*Dialogue

A: *Do you see the mountain?*

B: *Where? All around here is only flat land.*

A: *The mountain on my desk! I don't know how I am going to finish it.*

B: *Don't be discouraged. I am confident that you can handle it.*

A: *(Sigh!) There are other difficulties I am facing at the moment.*

B: *It might look hard now, but I know you can get over these mountains in life.*

A: *I wonder how long will it take to get over them.*

B: *Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.*

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Let's look at several phrases from the above dialogue.

我们来看看以上会话里的一些词句

When you are very busy, you have a mountain of work.

当你很忙碌时，你有堆积如山的工作

a mountain of work

The mountains in life means the difficulties you face.

你碰到许多难处，可以比喻是生命里的大山

When you are very happy, it's like having a mountain-top experience.

当你很快乐时，那就有如是登上山顶的感受

Now Wen-J will explain the dialogue.

现在让我来为你解释会话内容.

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- A: *Do you see the mountain?*  
你看到那座大山吗？
- B: *Where? All around here is only flat land.*  
在哪儿呢？环绕这儿的只有平地
- A: *The mountain on my desk! I don't know how I am going to finish it.*  
我指的是我桌上的那座大山。我不知道要怎样去完成那些工作
- B: *Don't be discouraged. I am confident that you can handle it.*  
不要灰心。我相信你可以处理完的
- A: *(Sigh!) There are other difficulties I am facing at the moment.*  
唉！我目前还有许多其他的难处呢
- B: *It might look hard now, but I know you can get over these mountains in life.*  
目前看来是很困难，但是我知道你能够越过生命里的大山的
- A: *I wonder how long will it take to get over them.*  
我在想要多久的时间才能越过呢
- B: *Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.*  
这样想好了。你一旦克服了这些困难，你将会如登上山顶一样的快乐
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Now that you understand the meaning, let's review the dialogue once again.  
现在你了解会话的意思。我们再度来听一回这段每日会话

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- A: *Do you see the mountain?*  
B: *Where? All around here is only flat land.*  
A: *The mountain on my desk! I don't know how I am going to finish it.*  
B: *Don't be discouraged. I am confident that you can handle it.*  
A: *(Sigh!) There are other difficulties I am facing at the moment.*  
B: *It might look hard now, but I know you can get over these mountains in life.*  
A: *I wonder how long will it take to get over them.*  
B: *Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.*
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Wen-J, When thinking of Mountains, what comes to your mind?

当想到山，会想到什么呢

Mountains are beautiful. 山很美丽

They are majestic. 它们很壮观

They exist forever. 它们永久矗立

They can not be moved. 它们不能被移动

Yes. Mountains give us the sense of permanence and security.

山的确带给我们永久和安全的感受

People like to escape to the mountains.  
许多人喜欢避开世上的事务，上山去  
We go to the mountains for retreat and prayer.  
我们到山里去退隐，去祷告  
and to enjoy hot springs. 去洗温泉  
Yeah!

**Verse of the Week 每周金句**

“Lord, you have been our dwelling place throughout all generations.  
主阿，你世代代作我们的居所  
Before the mountains were born  
诸山未曾生出，  
Or you brought forth the earth and the world,  
地与世界你未曾造成  
From everlasting to everlasting you are God.”  
从亘古到永远，你是 神

Psalms 90:1, 2 诗篇

We humans are on this earth for only short time.  
我们人类在世上不过是一段短时间  
But God is holy and eternal.  
但神却是圣洁永恒的  
Even mountains will crumble, but God is everlasting.  
即使山也会崩垮，但神却永久坚定  
The Creator God formed everything that exists.  
造物主创造了所有存在的一切  
He has the power to make low every mountain and hill.  
他有能力，能够使大小山冈都削平  
The mountains crumble and shake before Him.  
大山在神面前要崩垮摇动  
But if we put our trust in Him,  
但是我们若信靠真神  
He is our refuge and shelter.  
祂乃是我们的避难所，是我们的保障

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Listener friend, our time is up again.  
听友，今天节目时间又要结束了  
But our interaction can still continue.  
但是我们的交流还可以继续  
You can write us and tell us about yourself.  
你可以写信来，告诉我们有关你的一切事  
Tell us which mountain is your favorite.  
告诉我们哪一座山你最喜爱

And don't forget to request the free gift we have for you.

也别忘了，来信索取我们赠送的礼物

Until next time, this is your friend Mark.

And I am Guo Wen-Jie.

May God Bless You.

See you next time.

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(singing Psalm 121)

*I lift my eyes up to the mountains  
Where does my help come from  
My help comes from You  
Maker of heaven, creator of the earth  
(Oh how I need You Lord  
You are my only hope  
You are my only friend)  
So I will wait for You  
To come and rescue me  
Come and give me life*